

FROM MATHIAS COUNSELING & CONSULTING!

Confident Girls: a workshop for girls & parents

Empower your daughter to...

- ★ handle relational aggression & bullying!
- ★ be assertive!
- ★ be a great friend and develop healthy friendships!
- ★ recognize unhealthy relationships!

Recipe for Success...

Join Carlabeth Mathias, Mathias Counseling & Consulting, for an awesome evening of interactive fun, learning, and support! Discover and practice specific skills and tools to develop positive relationships and to address bullying and "mean girl" tactics in appropriate and assertive ways!

DATE: Tuesday, February 7, 2012

WHO: Girls in grades 3-6 & a parent

TIME: 6:30 - 8:00 p.m.

WHERE: Cool Creek Park Nature Center
2000-1 East 151st Street, Carmel

COST: \$20 (daughter & parent) • \$25 (daughter & 2 parents) • \$25 (2 daughters & 1 parent)

REGISTER: By **January 30** at www.mathiascounseling.com

QUESTIONS: Call 317.586.2141 (Limited to first 30!)



About your leader... Carlabeth Mathias, formerly an elementary school counselor, has a private counseling practice, working with children and families to help them through life's challenges. She is a Licensed Clinical Social Worker, a Licensed Mental Health Counselor, a bully prevention specialist... and, she is a parent, too!